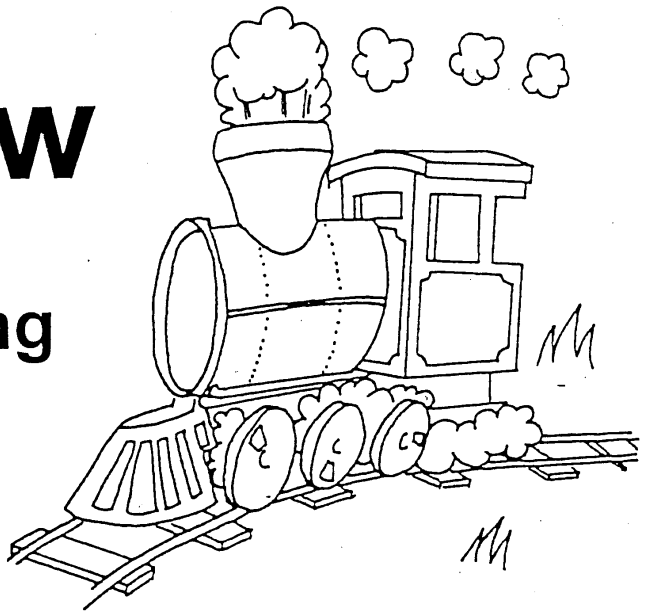


# Chew, Chew

## Sloooowly to Prevent Food Choking in Young Children

Keep your child safe from choking  
by following these simple tips.



### Food Tips

- ☐ Cut food into small pieces—grapes in quarters, hotdogs in lengthwise strips.
- ☐ Remove small bones from meat, fish, and chicken.
- ☐ Remove seeds from fruit.
- ☐ Keep foods that can choke children out of easy reach.
- ☐ Cook carrots rather than serving them raw.
- ☐ Mix peanut butter with other spreads instead of serving it by itself on bread or fruit.
- ☐ Cook apples or use applesauce—don't give raw apple slices to infants.
- ☐ Check with a nutritionist before starting infants on solid foods.

**REMEMBER:** Slippery, round, firm, or hard foods are difficult for small children to hold in place in their mouths and chew.

### Behavior tips

- ☐ Teach children to chew well and slowly.
- ☐ Keep meals pleasant and unhurried.
- ☐ Limit distractions while eating.
- ☐ Have children sit up and sit still while eating.

- ☐ Don't let children talk, walk, run, or play with food in their mouths.
- ☐ Watch young children closely when they eat. Don't leave them alone.
- ☐ Children should not eat in a car. You may not notice if they are choking and you may not have time to rescue them while driving.

**REMEMBER:** Medications applied to gums for relief of teething pain can interfere with chewing and swallowing.

### Avoid risky foods or make them safer

Do not give these to your young child:

- ☐ Popcorn
- ☐ Nuts
- ☐ Seeds
- ☐ Gum
- ☐ Hard Candy
- ☐ Teething Biscuits and Cookies to Infants.